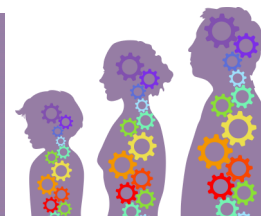


mind & body



Mind & Body Progress Report

In this month's edition, we'll start by highlighting our [2018 Progress Report summary](#), which provides a brief overview of our activities and progress last year including IMPARTS (Integrating Mental & Physical healthcare: Research, Training & Services), Compass, 3 Dimensions for Long-Term Conditions and Mind & Body education and training. We'd like to take this opportunity to reiterate our thanks for your hard work over the last year championing mind and body.

Fostering health and wellbeing for you and your team

There's still time to sign up for our **Mind & Body Wellness at Work event** on Wednesday 6 March 2019. Come along to boost your knowledge and learn some practical tips to look after your own and others' health and wellbeing. The event will see the launch of the [Mind & Body Staff Health and Wellbeing Toolkit](#). Hear from a range of guest speakers, including Good Thinking UK and this month's Champion in Focus, Alice Baldwin. Take part in practical workshops on some of the sessions in the toolkit such as sleep, mindfulness and values. For more info and to register, visit [Eventbrite](#) or email mindandbody@slam.nhs.uk.

Champion in focus

Mind & Body Champion and CAMHS Practitioner Alice Baldwin, recently received the South London and Maudsley STAR Award for her work with the Lewisham Young People's Service. Alice developed a physical health monitoring clinic to improve the experience for young people – previously the service had to rely on GPs but now a range of physical health checks can be provided in-house. She is also co-leading a Quality Improvement project to improve rates of physical health monitoring. This includes a tool which flags when checks are due and alerts staff to results of concern. Alice is also part of the South London and Maudsley Lived Experience Network. Alice will be speaking at our the Wellness at Work event on 6 March 2019.



Mind & Body in action: Education and Training

We have recently analysed our 2018 workforce education and training survey to gather staff views on mind and body training. From the 400 respondents, the findings show that staff awareness and understanding of mind and body has increased, as well as uptake of Mind & Body education and training opportunities. From the findings we have developed a set of key recommendations that the Programme will continue to work towards. Some of these include: maintain delivery of mind and body content through organisational processes such as induction, increase accessibility of online and digital resources to support flexible learning for staff needs, continue to deliver existing training while assessing opportunities for new resources to plug gaps and scope new ways to expand reach through train-the-trainer approaches. To find out more, read our [blog](#). We would like to invite Champions to attend our focus group on **10 April 2019, 5:30pm** to join in the discussion, share ideas and be part of the development of exciting new opportunities. To register email mindandbody@slam.nhs.uk.



Mind & Body Leadership network

This network brings together aspiring health and social care leaders to develop their own practice, and that of their teams and services, in providing mind and body care. The course runs for four half-day sessions over four months. Subject matter experts, skilled facilitators and peer-to-peer support will provide a valuable learning experience with direct translation to practice. Visit the [website](#) for more information. To book, email mindandbody@slam.nhs.uk.

Check our website for all [Mind & Body training opportunities](#).

Value Based Health Care

This value-based healthcare learning event on 5 March 2019 focusses on Mental Health. The event includes presentations on why addressing mental health is good value and current value based health care work. Speakers include Dr Sean Cross (Liaison Psychiatrist) and Kate Lillywhite (Programme Director for Mind & Body). Click [here](#) for more information about the event and to register.

Mind & Body Clinical Skills Course

The next Mind & Body Programme one-day Clinical Skills Course is being run on **18 March, 17 May** and further dates. This course equips staff with clinical skills to help manage both the physical and psychological needs of patients. It is free to all clinical staff from King's Health Partners and local health and care groups. To register, or for more information, contact mindandbody@slam.nhs.uk.